

Epi Update for Friday, September 20, 2019
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- Enterovirus season is upon us
- CDC viral hepatitis report documents increases in hepatitis A, B and C
- September is National Preparedness Month
- In the news: As vaping illnesses rise, doctors warn of possible 'irreversible damage' to lungs
- In the news: C-section babies are missing key microbes
- In the news: Most cyclists who suffer head injuries aren't wearing helmets
- Infographic: Stay safe from *Salmonella* infection

Enterovirus season is upon us

Infections with enteroviruses are common in the United States during summer and fall. Enteroviruses can cause a range of symptoms including fever, runny nose, cough and rash. Rarely, enteroviruses can also cause more serious infections like meningitis and some types of enterovirus, including enterovirus D68, have been associated with cases of Acute Flaccid Myelitis (AFM). Infections with enterovirus are not a reportable illness in Iowa; however, AFM is a reportable condition regardless of what the potential cause is. There is no specific treatment for enterovirus. It is important to wash hands often, cover coughs and sneezes, and stay home when sick.

For more information, visit <https://www.cdc.gov/dotw/enteroviruses/index.html>.

CDC viral hepatitis report documents increases in hepatitis A, B and C

According to *Viral Hepatitis Surveillance – United States, 2017*, reported acute cases of hepatitis A, hepatitis B and hepatitis C all increased in 2017. Hepatitis A cases increased nearly 70% from 2016 to 2017, mostly due to person-to-person outbreaks occurring among people who use drugs, people experiencing homelessness, and men who have sex with men. Hospitalization rates among reported hepatitis A cases increased from 42% in 2016 to 67% in 2017, and hepatitis A-related deaths increased from 70 in 2016 to 91 in 2017. The highest rate of acute hepatitis B cases occurred among 40-49 year olds for the first time in 15 years (2002 – 2017). Acute hepatitis C infections more than tripled since 2010, resulting in more than 44,000 estimated cases in 2017. Alarming, acute cases of hepatitis C infection have continued to increase sharply among young adults, driven by injection drug use.

The number of reported cases is only a fraction of the total estimated acute viral hepatitis infections in the U.S. To reduce the public health threat of viral hepatitis, additional capacity for surveillance is needed, coupled with increasing access to testing among recommended populations, and access to lifesaving prevention and treatment services for people at-risk for or living with viral hepatitis infection.

To view the full report, visit www.cdc.gov/hepatitis/statistics/2017surveillance/index.htm.

September is National Preparedness Month

Family and community disaster and emergency planning is important throughout the year. Threats to Iowans include tornadoes, flooding, and animal or agricultural disease, among many others. Consider talking with patients about how they are prepared for emergencies.

CDC has identified five areas of focus for personal health preparedness:

- **Personal needs**, including water, food, sanitation and first aid.
- Patients should discuss creating an emergency supply of **prescription** medications, as well as keeping a supply of over-the-counter medications.
- Important **paperwork** to gather before an emergency includes insurance cards, immunization records, personal identification, a care plan for family members with special health care needs, and user manuals for medical devices.
- **Power sources** should be considered, including how to power electricity dependent medical devices and having batteries available to power devices that require them.
- Learn and practice **practical skills**, such as handwashing, carbon monoxide poisoning prevention, seizure first aid, and coping strategies for a disaster or traumatic event.

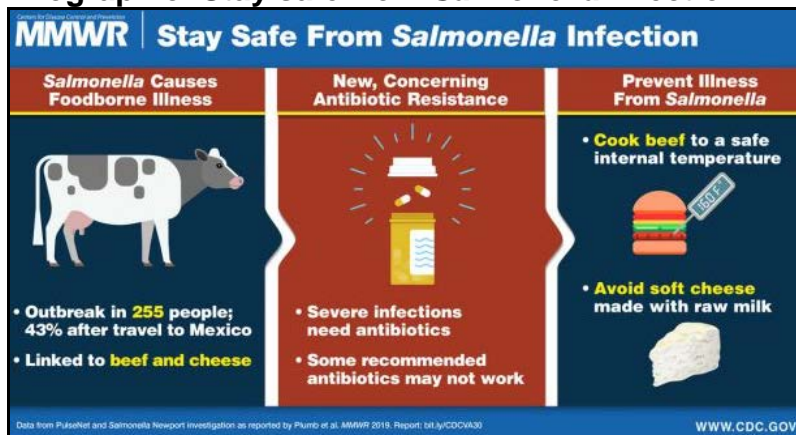
For fact sheets on each focus area, visit www.cdc.gov/cpr/prepareyourhealth/PersonalHealth.htm.

In the news: As vaping illnesses rise, doctors warn of possible 'irreversible damage' to lungs
www.npr.org/sections/health-shots/2019/09/19/762306652/as-vaping-illnesses-rise-doctors-warn-of-possible-irreversible-damage-to-lungs

In the news: C-section babies are missing key microbes
www.scientificamerican.com/article/c-section-babies-are-missing-key-microbes/

In the news: Most cyclists who suffer head injuries aren't wearing helmets
www.consumerreports.org/head-injuries/most-cyclists-who-suffer-head-injuries-arent-wearing-helmets/

Infographic: Stay safe from *Salmonella* infection



To view in full size, visit

www.cdc.gov/mmwr/volumes/68/wr/mm6833a1.htm?s_cid=mm6833a1_w&deliveryName=USCDC_921-DM7382.

Have a healthy and happy week!

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